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po|l|g|a  
pole yoga

# What you need for this class.

- A yoga mat if you have one
- A pole or blank wall space



# *Polga “Where yoga meets the pole”*



polga  
pole yoga

# Polga for Flexibility

During this presentation we will bring to you the “Best of Polga”

- The history of Polga
- The most used Polga moves
- The benefits of Polga



## Who am I?

My name is Carla and I own the Stiletto Gym a boutique style fitness facility located in Kansas City Missouri. I am also the creator/owner of Polga (pole yoga) Fitness Program



# Polga (pole yoga) where yoga meets the pole!

- What is Polga Pole Yoga
- The History of Polga
- The Promise of Polga
- The Benefits of Polga
- The Future of Polga



# The structure of a polga yoga class

- Introductions & Warm up
- Work
- Balance
- Floor work
- Strength

## Class structure:

- 75% Yoga movement
- 20% Pole Fitness
- 5% complicated moves





# The 8 most effective Flexibility poses!

1. Forward Fold Pole Hold
2. Front Twisted Stretch
3. Pole Lunge
4. Swizzle Stick
5. Queen Pigeon
6. Floor Goddess
7. Shoulder Stand
8. Pole Splits



# Forward Fold Pole Hold



# Front Twisted Stretch



# Pole Lunge



# Swizzle Stick



# Queen Pigeon



# Floor Goddess



# Shoulder Stand





# Pole Splits



**Let's see how these poses work in a class!**



**How can you learn more about Polga (pole  
yoga?)**

**&**

**How to become certified to teach Polga in  
your studio or gym?**



**We currently offer 2 options:**

- 1. Becoming a Certified Polga Instructor.**
- 2. Becoming a Licensed Polga Facility.**





**Please join us in our virtual booth this weekend!**

[Carla@polgapoleyoga.com](mailto:Carla@polgapoleyoga.com)

**Call (816)200-0067**

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